



Hamilton

**Sir Allan MacNab Recreation Centre,  
145 Magnolia Drive, 905-546-2554**

**SWIM SCHEDULE – October 3, 2022 to December 24, 2022**

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lengths</b>		7:30-9:00 am (3 lanes) 10:15-12:45 pm 8:00-9:00 pm (3 Lanes)		7:30-9:00 am (3 lanes) 10:15-12:45 pm			
<b>Open Swim (Both Pools)</b>	4:45-5:45 pm		7:00- 8:00 pm			12:45-1:45 pm	1:15-2:15 pm
<b>Open Swim 18+ (Both Pools)</b>	11:00am-12:00 pm 7:45-8:45 pm	7:30-9:00 am 8:00-9:00 pm	11:45am-12:45 pm 8:00-9:00 pm	7:30-9:00 am 7:30-8:30 pm	11:45am-12:45 pm		
<b>Open Swim 55+ (Both Pools)</b>						11:30-12:30 pm	12:00-1:00 pm
<b>Water Fit - Parent and Tot</b>					10:00-10:45 am		
<b>Water Fit</b>	10:15-11:00 am 12:00-12:45 pm		11:00-11:45 am		11:00-11:45 am		

**NOTES: Centre will be closed on Monday October 10, 2022 (Thanksgiving)**

**SUPERVISION REQUIREMENTS**

AGE OF CHILD	RATIO WITHOUT LIFEJACKETS	RATIO WITH LIFEJACKETS
0 – 5 YEARS	1:2	
6 – 9 YEARS	1:4	1:8

**SWIM ADMISSION CRITERIA**

All non-swimmers must remain in the shallow end.

- Children 0-5 years of age must be accompanied by a parent or guardian, and must be within arm’s reach at all times.
- Children 6-9 years of age who cannot pass the Facility Swim Test, must be accompanied by a parent or guardian, and must be within arm’s reach at all times.
- Children 6-9 who can pass the Facility Swim Test may be admitted without a parent or guardian

A guardian is defined as an individual at least 12 years of age or older who is responsible for the direct supervision of children within their care.